

Over The Valley Personals

Given Surprise

Even though he alleged that he suspected his family of planning a surprise on him Tuesday evening, his birthday—"Uncle Tom" Wallinger, of the Valeria district, went on about his farm work and when more than a score of people arrived for a party, he was out on the ranch butchering a veal. We had always thought that the fatted calf was killed for the honored guest. A potluck supper of immense proportions was spread about eight o'clock, small tables being set for the 22 people who were present. Then there was an evening of pinocle and bridge with suitable prizes. The guest of honor received many fine birthday gifts and Miss Amanda Zabel also received a travel gift from the hostess. Making up the party besides Mr. and Mrs. Wallinger and their sons, Harold and Tom, were Mr. and Mrs. Everett Wallinger, and Virgil, Mrs. Martha Jane Moss, Ray Fuller, Miss Bertha Wallinger, Mr. and Mrs. Irvin Moss and Janie, Mrs. Will Adler and daughter, Genevieve, Mr. and Mrs. Frank Wright, Harvey Carter and the Misses Mary Taylor, Hazel Crawford, Amanda Zabel and Mabel Morton.

Mrs. Mildred Standley, who has been living in the Landis Court apartments has moved out to the home of her parents, Mr. and Mrs. Louis Standley, in the Iowa district for the summer months.

Imbler Aid—Mrs. Sam Knight entertained the women of the Imbler Ladies Aid society Thursday at her home at Rhinehart. Mrs. Knight had her guests for an all-day quilting and the work at hand was completed, by the 18 members and guests who were present. A potluck dinner was served at midday. Mrs. Alvin Westenskow will entertain next time on the regular meeting day.

Have Dinner Together—A large company of the folks at Imbler gathered at Ruckman hall Sunday after breakfast for a potluck dinner and a program. The program consisted of music, with readings by Mrs. Lucy Westenskow, J. A. Gaskill, Mrs. Irvin Westenskow, Mrs. E. E. Hurley and several of the children. Special guests were Mr. and Mrs. E. E. Hurley and their children.

HOW WOMEN CAN WIN MEN AND MEN WIN

The Favor of Other Men
Unless two pints of bile juice flow daily from your liver into your bowels, your food decays in your stomach. This poisons your whole body. Movements get hard and cramped. You get yellow tanned, red low skin, pimples, dull eyes, bad breath, bad taste, gas, dizziness, headache. You have become an ugly-looking, foul-smelling, sour-thinking person. You have lost your personal charm. Everybody wants to run from you.
But, just take salts, mineral waters, oils, laxative pills, laxative candies or chewing gums and expect them to get rid of this poison that destroys your personal charm. They can't do it, for they only move out the tail end of your bowels and that doesn't take away enough of the decayed poison. Glycerine won't help at all. Only a free flow of your bile juice will stop this decay in your bowels. The one mild vegetable medicine which starts a free flow of your bile juice is Carter's Little Liver Pills. No chemicals (mercury) in Carter's. Only fine, mild vegetable extracts. You would bring back your personal charm to win men, start talking, Carter's Little Liver Pills according to directions today. Use at drug stores. Refuse "something just as good," for it may gripe, loosen teeth or scald rectum. Ask for Carter's Little Liver Pills by name and get what you ask for. © 1933, C. M. Co.



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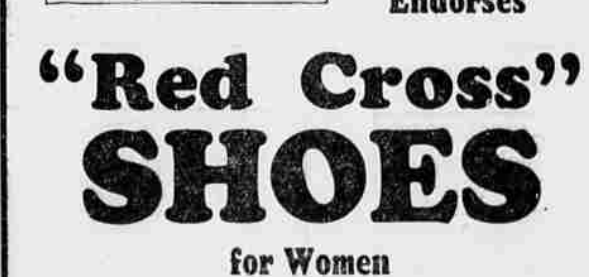
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FRECKLES AND HIS FRIENDS by Blosser



HERE'S A COACH WHO'S SO GOOD HE CAN'T QUIT!

By H. J. Frawley
DENVER, Colo. (AP) — Apparently the colleges aren't going to let George W. Scott waste his coaching genius on the desert air.

Scott, coach and minor, retired last year after leading his Fort Collins, Colo., high school "Lambkins" to three national and 18 consecutive state track championships, and eight state football titles in his 21-year regime.

But now he's being mentioned for coaching posts at three Rocky mountain conference colleges.

In many ways Scott is one of the most unique figures in the coaching realm. Now 45 years old, he was 18 and a veteran of range and milie before he ever saw a football game!

But the sport thrilled him, and he enrolled at Black Hills (Spearfish) Teachers' college in South Dakota and later at Colorado college, starting in athletics at both schools.

Teaches "Relaxed Striding" Under his teaching system, which stresses what he calls "relaxed striding" in track, Fort Collins had a grand total of 113 victories and four defeats in 21 years. In addition to their three national titles, his Lambkins finished second twice and third once in the national meets.

"Every player a coach" was the basis of his method. He contends there are only a few fundamentals of

form which can be shown any beginner, but that an athlete will never make much of a mark until he studies out details for himself.

His Fort Collins football teams, which scored 121 victories against nine defeats and four ties in 11 years, were known for superb blocking. Four of which were employed by all eight of his champion teams.

Athletes Are Scholars, Too A program of hunting, fishing, camping, hobby development, home work, Hi-Y and Sunday school lessons was offered every boy. Football and track, during Scott's regime, actually required less practice time than in most schools. Each fall Scott took a group of 25 boys to a mountain camp for a month.

Studies also played an important part in Scott's system. The scholar-athlete leader of every graduating class while Scott was at Fort Collins was a letter-winning athlete.

Sleepy In The Daytime? It's Primordial

By F. B. Colton
(Associated Press Science Writer)

WASHINGTON (AP) — It isn't natural for humans to sleep all night. That's the latest finding of scientific sleep studies, and new comfort, incidentally, for youngsters who hate to go to bed early and night-life devotees who like to come in the milkman.

If the human race followed its instincts, people would catch half a dozen brief naps through the day and night instead of concentrating

their daily slumber in one 8-hour stretch. Should man's primordial sleep habits ever reassert themselves from out of the dim past, the world's work might cease several times through the 24 hours while everybody took a cat-nap.

Long Sleep Just Habit
The night-long sleep, with 16 hours of uninterrupted wakefulness in between, is just a habit man has picked up since he gained greater brain power, says a summary of sleep studies just published by the National Research Council And, although the habit seems firmly rooted, it really wouldn't be so difficult for man to slip back into the old cat-nap pattern of sleep followed by the lower animals, the scientists say.

It requires brains to sleep as humans do, the research shows. If the cortex, or gray matter of a man's brain, were removed, he probably would be unable to sleep a solid eight hours.

This has been shown by experiments with dogs. Normal dogs have enough gray matter to learn and follow the habit of sleeping all night and staying awake all day. But dogs with the gray matter of their brains removed lose the habit and have half a dozen periods of sleep through the day.

It explains why new-born babies sleep at intervals and then awaken. A young baby's higher brain centers are not yet "wired up" to the rest of its nervous system so it acts like an animal without gray matter in its sleep habits.

Santa Cruz, Cal., school authorities recently discovered a street right of way through one of the district's properties. It had been forgotten for more than 60 years.

WASH OUT 15 MILES OF KIDNEY TUBES

Win Back Pep...Vigor...Vitality

Medicinal authorities agree that your kidneys contain 15 MILES of tiny tubes or filters which help to purify the blood and keep you healthy. They should pour out through the bladder 3 pints of fluid a day which contains 4 pounds of waste matter. If you have trouble with too frequent bladder passages with scanty amount causing burning and discomfort, the 15 MILES of kidney tubes need washing out. This danger signal may be the beginning of nagging headache, leg pains, loss of pep and vitality, setting up, night, lumbago, swollen feet and ankles, rheumatic pains and distress. If kidneys don't empty 3 pints every day and get rid of 4 pounds of waste matter, your body will take up these poisons causing serious trouble. It may knock you out and lay you up for many months. Don't wait. Ask your druggist for DOAN'S PILLS.

... a doctor's prescription... which has been used successfully by millions of kidney sufferers for over 40 years. They are quick relief and will help to wash out the 15 MILES of kidney tubes.

But don't take chances with strong drugs or so-called "kidney cures" that claim to fix you up in 15 minutes. Your common sense will tell you that this is impossible. Treatments of this nature may seriously injure an already delicate system. Insist on DOAN'S PILLS... the old reliable relief that contains no "dope" or habit-forming drugs. Be sure you get DOAN'S PILLS at your druggist. 25, 1054, Foster-Milburn Co.

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